



# Teriyaki Chicken

on Green Onion Rice with Garlicky Broccoli

Family Friendly 30 Minutes



Chicken Breasts



Parboiled Rice



Broccoli, florets



Teriyaki Sauce



Garlic Salt



Green Onions



Soy Sauce



Cornstarch

HELLO GREEN ONION

*Another common name for this allium is scallion!*

## Start here

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, medium bowl, measuring spoons, aluminum foil, medium pot, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Parboiled Rice	¾ cup	1 ½ cup
Broccoli, florets	227 g	454 g
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onions	2	4
Soy Sauce	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Make garlic rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min.



## Cook broccoli

While **chicken** roasts, heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until the **broccoli** is tender-crisp, 4-5 min. Remove pan from heat, then transfer **broccoli** to a plate. Cover to keep warm.



## Prep and marinate chicken

Cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Stir together **half the soy sauce** and **half the cornstarch** in a medium bowl. Season with **pepper**. Pat **chicken** dry with paper towels. Carefully slice **each chicken breast** in half, parallel to the cutting board. Add **chicken** to the medium bowl with **cornstarch mixture**, then toss to coat.



## Make pan sauce

Whisk together **teriyaki**, **remaining soy sauce**, **remaining cornstarch** and **⅓ cup water** (dbl for 4 ppl) in the same pan. Return pan to medium-high and bring to a boil. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Remove pan from the heat.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **chicken**. Pan-fry, until golden-brown, 1-2 min per side. (**NOTE:** Cook chicken in two batches for 4 ppl, using ½ tbsp oil per batch.) Transfer **chicken** to a foil-lined baking sheet. Roast in the **middle** of the oven, until cooked through, 6-8 min.\*\*



## Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Thinly slice **chicken**. Divide **rice** between plates. Top with **broccoli** and **chicken**. Spoon **pan sauce** over **chicken**. Sprinkle **remaining green onions** over top.

## Dinner Solved!